

Aquatic Programs



Loma Verde Family Aquatic Center

691-5081

1420 Loma Lane

Manuel Gonzalez, Aquatic Supervisor III

Eric Bonney, Aquatic Supervisor II

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**Loma Verde Pool will be closed
June 16-20, 2007**

Parkway Family Aquatic Center

691-5088

385 Parkway

Elizabeth Kolata,

Aquatic Supervisor II (Acting)

aquatics@ci.chula-vista.ca.us

**Parkway Pool will be closed
June 20-24, 2007.**

Admission Fees

Adult \$3 or \$24 for 10 visit pass

Senior \$2 or \$18 for 10 visit pass

Child \$2 or \$10 for 10 visit pass

Pass Fees

Passes are valid at both facilities.

Annual passes are valid from the date of purchase. Quarterly passes expire at the end of each quarter, and fees cannot be prorated. Quarterly passes are available for Jan-March; April-June; July-Sept; Oct-Dec.

Adult Quarterly: \$50 Resident
\$75 Non-Resident

Adult Annual: \$175 Resident
\$263 Non-Resident

Senior Quarterly: \$40 Resident
\$60 Non-Resident

Senior Annual: \$135 Resident
\$203 Non-Resident

Lap Swim

Adults and seniors are welcome to swim laps or aqua jog in a comfortable, outdoor, heated pool setting.

Loma Verde Family Aquatic Center

50 meter M, W, F 6:00 - 8:00 am

1-3 Lanes M, W, F 5:00 - 7:00 pm

M - F 11:00 am - 1:00 pm

Parkway Family Aquatic Center

Mon - Fri 6:00 - 8:00 am

Mon - Fri 11:00 am - 1:00 pm

Sat 10:30 am - 12:00 pm

Aqua Jog M, W, F 6:00 - 7:00 pm

Recreational Swim (Shallow End)

Families are encouraged to use the pool for supervised aquatic fun. Only the shallow end will be available during the spring.

Loma Verde Family Aquatic Center

April 23 - June 15

Friday 2:00 - 4:00 pm

Parkway Family Aquatic Center

Sat 9:00 am - 12:00 pm

Mar 1 - May 11

Tu, Th 3:00 - 5:00 pm

Aqua Camp (Parkway)

A variety of aquatic programs including an introduction to lifeguarding, water polo, diving and snorkeling. Local field trips are included. Students will learn how to prepare healthy meals and maintain a balanced diet. Lunch is provided. Extended care (7:30 - 9:00 am) is available for an additional \$15.

Ages: 9-14

Fee: \$115 April 2-6

#7402 Mon - Fri 9:00 am - 5:30 pm

Guard Start (Parkway)

Participants will learn basic first aid, CPR and water rescue techniques. Students must be able to swim 25 yards of crawl stroke. This is not a certification course.

Ages: 9-14

Fee: \$15 April 2-6

#7404 Mon - Fri 4:00 - 5:30 pm

American Red Cross Classes

These are scholarship courses that are offered at a fraction of the regular cost. Textbooks, Red Cross fees and materials are provided at no cost. These classes provide the certifications necessary for employment with the City of Chula Vista.

Lifeguard Training \$60

Loma Verde March 24 - April 6

Facility Hours Effective March 1

Spring Registration: March 12

Summer Registration: June 11

Water Safety Instructor \$60
Loma Verde Starts June 25

Private Swimming Lessons

Private and semi-private swimming lessons are available for all ages and abilities. Contact the pool of your choice for availability. Cost is \$150 for five private lessons of 45 minutes each.

Splash Party Pool Rentals

Consider renting the pool as an affordable option for your next special event. Contact the pool of your choice for availability. Cost is \$98 per hour for Residents.

Adult Water Polo (Parkway)

A structured water polo practice, including scrimmages. Competitive water polo experience is not required. An emphasis is placed on the review of fundamental skills, including passing, strategy, and defense.

Fee: \$6 per practice
Sat 9:00 - 10:30 am

Master's Swim Program (Loma Verde)

A structured workout for swimmers, including stroke refinement. An emphasis is placed on mastering the four racing strokes, starts, turns and finishes. Contact Loma Verde Pool at (619) 691-5081.

Fee: \$4 per practice
\$2 for pass holders

M, W, F 6:00 - 7:15 am

Water Aerobics (Loma Verde)

This cardio respiratory workout allows participants to use the natural resistance and buoyancy of the water to avoid subjecting the body to the stress and impact of walking or running.

Fee: Resident
\$4 or \$30 for 10 classes
Non-Resident
\$5 or \$35 for 10 classes

Shallow Water Exercise

M, W, F 11:00 am - 12:00 pm

Deep Water Exercise

M, W, F 12:00 - 1:00 pm



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FACT: Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

Swimming Lessons Registration

Register on-line at www.chulavistaca.gov/rec or at either aquatic facility. Registration for spring classes begins on March 12. Registration for summer classes begins on June 11. Office hours: Mon - Fri, 3:00 - 7:00 pm.

Refunds

Check the dates and times prior to registering. Refunds and transfers are not available.

Parkway Family Aquatic Center

3 week session.

Monday, Wednesday, Friday.

Fee: \$25 Resident
\$37 Non-Resident

Session 1: April 16 - May 4
Session 2: May 7 - May 25
Session 3: May 28 - June 15*

Saturday

Fee: \$15 Resident
\$23 Non-Resident

Session A: April 21 - May 12
Session B: May 19 - June 9

Loma Verde Family Aquatic Center

2 week session.

Monday - Friday.

Fee: \$27 Resident
\$41 Non-Resident

Session 1: April 23 - May 4
Session 2: May 7 - May 18
Session 3: May 21 - June 1*
Session 4: June 4 - June 15

* There will be no classes on May 28 in observance of Memorial Day. All pools will be closed. No make-up classes will be offered.

Friends of Chula Vista Aquatics

If you would like to receive e-mail updates about aquatic programs, contact us at aquatics@ci.chula-vista.ca.us.

Parent and Tot

Parents join their children in the water for basic water adjustment and safety skills in a warm, enjoyable environment. Having a parent in the water allows children to gain comfort and confidence. All children in these classes must wear swim diapers or tight fitting rubber pants.

Ages: 6 months - 3 years

Session 1-4

Loma Verde
#7001 Mon - Fri 4:40 - 5:10 pm
#7003 Mon - Fri 5:20 - 5:50 pm

Session 1-3

Parkway
#7002 M, W, F 3:30 - 4:00 pm
#7004 M, W, F 4:00 - 4:30 pm

Session A-B

Parkway
#7006 Sat 10:05 - 10:35 am

Tiny Tots

Water adjustment safety skills and basic introductory swimming skills are presented in a fun environment. This class introduces children to aquatic instruction without a parent.

Ages: 4-5

Session 1-4

Loma Verde
#7101 Mon - Fri 4:40 - 5:10 pm
#7103 Mon - Fri 5:20 - 5:50 pm

Session 1-3

Parkway
#7102 M, W, F 3:30 - 4:00 pm
#7104 M, W, F 4:00 - 4:30 pm

Session A-B

Parkway
#7106 Sat 9:30 - 10:00 am
#7108 Sat 10:05 - 10:35 am

Best of Aquatics Award

The City of Chula Vista received the prestigious Best of Aquatics award in 2006. This is a national award that has recognized the quality of aquatic programming and infrastructure at the Loma Verde and Parkway Family Aquatic Centers.

Learn to Swim

Swimming skills and personal safety skills are taught to beginning, intermediate and advanced students. Children registered for levels 1 to level 6 will be assessed on the first day of class to determine the most appropriate level to enhance their aquatic development. Enrollment in these classes can sometimes require that more than one level be combined.

Ages: 6-16

Session 1-4

Loma Verde
#7201 Mon - Fri 4:00 - 4:30 pm
#7203 Mon - Fri 6:00 - 6:30 pm

Session 1-3

Parkway
#7202 M, W, F 4:40 - 5:10 pm
#7204 M, W, F 5:20 - 5:50 pm

Session A-B

Parkway
#7206 Sat 9:30 - 10:00 am
Level 1-2

Adult Lessons

This class is for all skill levels. Instruction is tailored to meet the individual needs and goals of adult participants.

Ages: 17 and over

Session 1-4

Loma Verde
#7301 contact pool for details

Session 1-3

Parkway
#7302 M, W, F 6:00 - 7:00 pm

Sun Safety Tips

- Use at least a 15 SPF broad spectrum sunscreen to block UVA & UVB rays.
- Apply sunscreen 15 minutes before entering the pool. If the skin does not absorb the product, it will wash off.
- Reapply sunscreen at least two hours, or more frequently around water.
- Try to use sunscreen that contains zinc oxide or titanium dioxide.
- A white T-shirt has an SPF of 8 so wear long sleeves, pants and a hat.
- Seek the shade from 10 am to 4 pm.